

# Northwest Pool

2925 Apollo Way • 334-2203

Indoor 25 yard pool featuring 8 lanes and a teaching pool

2016 Winter Spring Schedule

Program	Dates	Times	Days	Fee
Public Swim	on-going	7:30 pm- 9 pm	Tue & Thu	\$5 - Adults \$3 - Youth \$2 - Seniors
		1 pm - 4 pm	Sunday	
Lap Swim	on-going	7 am - 9 am	Mon - Fri	
		11:30 am - 1:30 pm		
		6:30 pm - 7:30 pm		
		12 pm - 1 pm	Sunday	
Water Babies (6 mo. - 2 yrs.)	see lessons schedule for specific session dates	9:45 am - 10:15 am	Saturday	\$42 per session
		6:15 pm - 6:45 pm	Tue & Thu	
Tiny Tots (3 - 5 yrs.)	see lessons schedule for specific session dates	10:15 am - 10:45 am	Saturday	\$42 per session
		6:15 am - 6:45 pm	Mon & Wed	
		1:30 pm - 2 pm	Tue & Thu	
Learn to Swim (6 - 17 years)	see lessons schedule for specific session dates	7:15 pm - 8 pm	Mon & Wed	\$42 per session
		1:30 pm - 2:15 pm	Tue & Thu	
Water Fitness	see water fitness schedule for specific session dates	9 am - 10 am	Mon, Wed, Fri	\$6 - Adults \$5 - Seniors or by session
		10 am - 11 am	Mon, Wed, Fri	
		1:30 pm - 2:30 pm	Mon, Wed, Fri	
		9 am - 10 am	Tue & Thu	
Private/Semi-Private Lessons	Call 334-2203 for more information			\$30 for 1 Child
				\$55 for 2-5 Children
Private Pool Rental	Call 334-2203 for more information			\$70 per hour
This schedule runs January 14th - May, 2016				
Classes will not be held Feb 15 or May 30				

# Northwest Pool Swim Lessons - Revised 1.14.16

## Water Babies - Northwest Pool

Water Babies: This Parent-Assisted program helps small children (6 months up to 3 years old) become accustomed to the water while in the familiar hands of mom or dad.

### 6:15 - 6:45 pm -- Tue & Thu

Dates	Course	Fee
February 2 - 18	5213	\$42
March 1 - 17	5214	\$42
March 29 - April 14	5215	\$42
April 26 - May 12	5216	\$42

### 9:45 - 10:15 am -- Sat

Dates	Course	Fee
February 20 - March 26	5347	\$42
April 9 - May 14	5348	\$42

## Tiny Tots - Northwest Pool

Tiny Tots: Certified American Red Cross instruction begins with basic physical and mental adjustment to the water. Participants are taught basic safety and swim readiness skills using play as the primary form of teaching. This class does not teach children to be accomplished swimmers, but helps to develop a comfort level in the water and establish the basic building blocks for future instruction. Participants are 3 – 5 years old. 5 students per instructor.

### 1:30 - 2 pm -- Tue & Thu

Dates	Course	Fee
February 2 - 18	5327	\$42
March 1 - 17	5328	\$42
March 29 - April 14	5329	\$42
April 26 - May 12	5330	\$42

### 6:15- 6:45 pm -- Mon & Wed

February 1 - 17	5332	\$42
February 29 - March 16	5333	\$42
March 28 - April 13	5334	\$42
April 25 - May 11	5335	\$42

### 10:15 - 10:45 am -- Sat

Dates	Course	Fee
February 20 - March 26	5356	\$42
April 9 - May 14	5357	\$42

\* Classes will not be held February 15

## Learn to Swim - Northwest Pool

Learn to Swim: Students will be introduced to the fundamentals & techniques of the front and back crawl, unsupported movement, under water exploration, compact diving and stroke development. Advanced students will refine the strokes and skills presented in previous lessons. This course is broken out into 6 levels of progressive instruction, and is geared for students 6 years and up, with a 10 student per instructor ratio.

### 7:15 - 8:00 pm -- Mon & Wed

Dates	Course	Fee
February 1 - 17	5337	\$42
February 29 - March 16	5338	\$42
March 28 - April 13	5339	\$42
April 25 - May 11	5340	\$42

### 1:30 - 2:15 pm -- Tue & Thu

February 2 - 18	5342	\$42
March 1 - 17	5343	\$42
March 29 - April 14	5344	\$42
April 26 - May 12	5345	\$42

\* Classes will not be held February 15

# Northwest Pool Water Fitness - Revised 2.18.16

## Mon, Wed, Fri -- 9 - 10 am

<u>Dates</u>	<u>Course</u>	<u>Adult</u>	<u>Senior</u>
January 25 - February 19	5438	\$33	\$27.50
February 22 - March 18	5439	\$36	\$30
March 21 - April 15	5440	\$36	\$30
April 18 - May 13	5441	\$36	\$30
May 16- June 10	5442	\$33	\$27.50

## Tue & Thu -- 9 - 10 am

<u>Dates</u>	<u>Course</u>	<u>Adult</u>	<u>Senior</u>
January 26 - February 18	5448	\$24	\$20
February 23 - March 17	5449	\$24	\$20
March 22 - April 14	5450	\$24	\$20
April 19 - May 12	5451	\$24	\$20
May 17- June 9	5452	\$24	\$20

## Mon, Wed, Fri -- 10 - 11 am

<u>Dates</u>	<u>Course</u>	<u>Adult</u>	<u>Senior</u>
January 25 - February 19	5443	\$33	\$27.50
February 22 - March 18	5444	\$36	\$30
March 21 - April 15	5445	\$36	\$30
April 18 - May 13	5446	\$36	\$30
May 16- June 10	5447	\$33	\$27.50

## Mon, Wed, Fri -- 1:30 - 2:30 PM

<u>Dates</u>	<u>Course</u>	<u>Adult</u>	<u>Senior</u>
March 2 - March 18	7711	\$24	\$20
March 21 - April 15	7712	\$36	\$30
April 18 - May 13	7713	\$36	\$30
May 16- June 10	7714	\$33	\$27.50

\*Class will not be held May 30